

AMENDMENTS TO THE CLAIMS

1. (Currently Amended) A midsole including a cushioning structure, which is provided between an outer sole and an upper and is suitable for absorbing a shock of landing, wherein:

the cushioning structure comprises a column-shaped or thick plate-shaped cushioning portion;

a plurality of grooves are formed on an outer peripheral surface of the cushioning portion;

the respective grooves are helically formed around and encircle a substantially vertical axial line;

the respective grooves are arranged substantially parallel with each other; and

~~a range in which~~ each of the grooves is formed around and encircles the axial line in a range which is larger than ~~a range of~~ 15 degrees ~~around the axial line~~ and smaller than ~~a range of~~ 180 degrees ~~around the axial line~~.

2. (Previously Amended) A midsole including a cushioning structure according to claim 1, wherein a lead angle between the groove and a horizontal plane is set within a range of 35 degrees to 60 degrees.

3. (Cancelled)

4. (Original) A midsole including a cushioning structure according to claim 1, wherein the outer peripheral surface of the cushioning portion is formed to be taper-shaped.

5. through 9. Cancelled.

10. (Original) A midsole having a cushioning structure, which is provided between an outer sole and an upper and is suitable for absorbing a shock of landing, comprising:

a midsole body defining a cavity; and

a cushioning part fitted in the cavity, wherein:

the cushioning part is formed of elastomer;

Young modulus of a member constituting the cushioning part is set to be a value smaller than Young modulus of a member constituting the midsole body;

the cushioning part is formed into a plate shape having an upper surface and a lower surface;

a plurality of helical grooves and/or convex portions is formed on at least one of the upper surface and the lower surface of the cushioning part; and

a thickness of the cushioning part is gradually changed along the grooves and/or the convex portions.

11. - 13. (Cancelled)

14. (New) A midsole including a cushioning structure, which is provided between an outer sole and an upper and is suitable for absorbing a shock of landing, wherein:

the cushioning structure comprises a column-shaped or thick plate-shaped cushioning portion;

a plurality of grooves are formed on an outer peripheral surface of the cushioning portion;

the respective grooves helically formed around and encircle a substantially vertical axial line;

the respective grooves are arranged substantially parallel with each other and continuous from an upper end of the cushioning portion to a lower end of the cushioning portion; and

each of the grooves is formed around and encircles the axial line in a range which is larger than 15 degrees and smaller than 180 degrees and has a lead angle between the groove and a horizontal plane that is substantially constant from the upper end to the lower end.